



Among Friends



Holden Senior Center
 1130 Main St
 Holden, MA 01520
 508-210-5570
Mon to Fri 8 AM—4 PM
 Director—Karen Phillips
 Clerk— Kerry Reitz
 Program Coordinator—
 Clare Nelson
 Transportation
 Coordinator—Mary Sloan,
 508-210-5573
 Outreach Workers—
 Paula Earley & Dale Hayden
 Drivers—John Bianco,
 Katherine LePain, Nancy
 Melton, and Ellie Johnson
 Meal Site Manager—
 Tom Chviruk,
 508-210-5578

COA Board of Directors

Chair—Susan Sullivan
 Vice—Richard Mansfield
 Wayne Howard
 Maureen Locke
 Nancy Melton
 Lois Johansen
 Debby Osipov

*What the New
 Year brings to you
 will depend a
 great deal on
 what you bring to
 the New Year.*

Vern McLellan

Friends of HCOA Website:
www.fhcoa.org or find us on Facebook:
 Friends of the Holden Council on Aging

January 2023

The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

View From the Fishbowl

As the new year begins, many of us try to “start anew” and change things—hopefully for the better. We would love for you to add coming to the Senior Center to your resolutions. We continue to offer a variety of programs to keep you healthy in mind and body. Here’s hoping that 2023 brings you love and happiness in whatever form that may be.

Karen

Snow policy—If the Wachusett Regional School district cancels school due to inclement weather, then all Senior Center programs, lunch, Meals on Wheels, and van transportation will also be cancelled.



New Dog Fees 2023

LICENSES

January 1 – April 15	Spayed/neutered \$10	Intact \$15
April 16 – December 31	Spayed/neutered \$35	Intact \$40

(\$25 late fee added after April 15)

*Dogs licensed before six months of age or within 30 days of acquisition if the dog is older

Spayed/neutered \$10 Intact \$15

KENNELS

January 1 to April 15	April 16
4 Dogs \$20	\$40
10 Dogs \$40	\$80
Unlimited \$60	\$120



REPLACEMENT TAG \$1

TRANSFER LICENSE \$2

SERVICE DOGS AND OWNERS 70 OR OLDER

Exempt from paying the fee but still required to register their dog(s).

In Memoriam...

Elaine Haddad

Sandra Grayson — wife of Richard Grayson

John Richards — husband of Carol Richards

Roger Towne — husband of Susan Landess Towne

Della Doe — partner of Domenic Gigante

Marilyn Jacobson — mother of 2 sons

Robert Daw — husband of Sheila Daw

Steven Kerxhalli — father of 2 daughters

Ronald LeRoy — husband of Susan LeRoy



Do you have a talent to share? We are always looking for new programs at the Senior Center. Arts and crafts, sports, learning a language, or other fun activities are always welcome. Share your expertise or passion with others. Stop by the office to set something up.



Need a ride? If you need a ride within Holden or to an appointment in the Worcester area, call Mary at 508-210-5573. The Senior Center runs 2 vans to help with transportation.

From the Outreach Office

Fuel assistance applications can be accepted through April 30. Call 508-754-1176, x110,113, or 114. If you leave your name and number, someone will call you back. We can provide help with food stamps, the food pantry, housing, medical equipment, Help at Home, and much more. We also have File of Life packets. We are here to help you. Don't feel embarrassed or too proud. We all need an extra hand from time to time. Please call if you need anything.



Paula 508-210-5575 and Dale 508-210-5576

Help at HOME (Holden Outreach—Managing Emergencies)

Everyone experiences emergencies. Are you, a friend, neighbor, or family member facing a challenging situation and in need of help? Holden residents can get help. Help at HOME is a town committee launched in 2008 to assist Holden residents in need. We provide information and financial support to residents experiencing an emergency who need assistance with paying their heating, utilities, or other bills. The funds are administered by the Holden Council on Aging on behalf of the Town of Holden. If you need help, or know a Holden resident of any age, who needs help, call the Holden Senior Center at 508-210-5570 and ask to talk to Paula or Dale in Outreach.

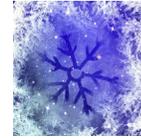
Fuel Assistance will be here on January 6th to process applications. You **MUST** make an appointment by calling the Worcester Community Action Council at 508-754-1176.



The Monthly Book Club will not be meeting in January or February. See you in March!!



Local musician, **Paul Janowski**, is coming to do his first concert at the Senior Center on January 11 at 1 PM. Paul has been a fixture in the local music scene for a while. Please join us! Call the Senior Center at 508-210-5570 to sign up.



Winter Blues Floral Workshop—Sandy from Herbert Berg Florist will be back on January 12 at 1 PM. We will be doing a floral piece in blue. She will provide all the materials. \$15.00 per person, payable in cash at sign up. This is limited to 16 people.

Fall Prevention Presentation—

Colleen Jean, PT, DPT, from Physical Therapy Innovations in Holden will be here on January 25 at 1 PM to teach us all about how to prevent a fall. This is free and open to all. Please register by calling the Senior Center at 508-210-5570.



Movie Monday—We are going to start showing a movie once a month. This month it will be on January 30 at 1 PM. We will provide the movie, popcorn, and soda. We would love for you to join us. Check in at the front desk to sign up and to see what movie we are showing.

2023 Trips—The ladies have planned a lot of fun activities this year. More details will be posted at the Senior Center.

April—MGM Casino in Springfield

May—Tour of Fenway Park

June—Hampton Beach Sand Castles

July—Indian Princess cruise on Webster Lake

August—Woo Sox baseball game

September 12, 13, & 14—Pennsylvania

Dutch trip to see “Moses”

October—Encore Casino

November & December—TBD

Painting Class on Thursdays at 10 AM—Janice Legare is an “Art is 4 Every1” Instructor, certified to teach acrylic painting using this special method to teach students of all ages and abilities. By following the steps, many will learn the painting process much faster, gain confidence, learn to see like an artist, and become independent painters. Janice’s artistic strengths are in color, composition, and drawing. There are 2 water color artists in the group. You are welcome to bring whatever medium and subject with which you enjoy working. Please join us. All are welcome. We even have art shows coming up!! For more information, go to www.artis4every1.com.



Regular Programs at the Senior Center



Low Impact Exercise—These classes are held every Tuesday and Thursday at 10:30 AM. They consist of light aerobics for cardiovascular health followed with stretching, flexibility, and strength work using weights and bands. The second half of the class is done in chairs. All are welcome. \$4 a class. Do yourself a favor by getting your body healthier.

Spring Chicken class is on Fridays at 1 PM. Building core strength helps to improve many medical issues and keep you healthier. It can also help your golf game! All are welcome. This class is free.

Men's Fitness Classes are suspended for now.



Tai Chi is a form of exercise that began as a Chinese tradition. It's based in martial arts, and involves slow movements and deep breaths. Tai chi has many physical and emotional benefits. Some of the benefits of tai chi include decreased anxiety and depression and improvements in cognition. Join us on Mondays and Wednesdays at 9 AM. All are welcome. \$4 a class.

Balance Class is held on Tuesdays at 1 PM. According to the U.S. Centers of Disease Control and Prevention, falls are the leading cause of fatal and non-fatal injuries in the U.S. Falls can cost seniors their independence and have a huge impact on quality of life. Take control of your life and safety. All are welcome. The class is free.

Chair Yoga is held on Thursdays at 1 PM and is a safe, low-impact exercise that can promote healthy aging. Some benefits are reduced risk of falls and better functional mobility. \$2 a class.

Caregiver's Group—The Oriol Foundation is facilitating a new Caregiver's Group at the Senior Center. If you are an ACTIVE caregiver and are looking for some support, this is the place for you. Debby Osipov will be coordinating the group. Caregiving is rewarding and stressful. Come and meet with people who understand what you are going through. You are not alone. There is help out there. Please join us on Wednesday, January 4 from 1-2 PM. Please sign up at the Senior Center, 508-210-5570. Walk-ins are always welcome.



Greetings to all Veterans of the American Services. We are building the American Legion Massachusetts Post 42, and I would like to invite you to join us. We meet on the 2nd Tuesday of each month at the Holden Senior Center at 4:00 p.m. All veterans are welcome, young and old, and you do not have to be a vet of foreign wars. Our meetings do not get wrapped up in protocol. We salute the flag and have an enjoyable meeting. Come have coffee and cookies with us and listen to an interesting topic.
Scott W. Olsen, Adjutant, Post 42 americanlegionpost42@gmail.com



Mah Jongg Group—Drop in American Mah Jongg games on Tuesdays at 1 PM. Bring your board and join in a fun game. All are welcome to come and watch. We are looking for an instructor to teach anyone who wants to learn.



Free Legal Clinic—Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on Monday, January 9. Appointments are required and held between 10:30 AM and 12:15 PM. Stop by the front desk or call us at 508-210-5570 to make your appointment.

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Senior Center Closed for New Year's</p>	<p>3</p> <p>9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—Greek chicken 1 Bingo 1 Balance Class free</p>	<p>4</p> <p>9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Lunch—meatloaf 1 Pitch party 1 Caregiver's group</p>	<p>5</p> <p>10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—turkey supreme 1 Chair Yoga \$2 1 Photography </p>	<p>6</p> <p>8:30-10:30 Morning Glory Café 10 Poker 12 lunch—ham salad 1 Spring Chicken Fitness free </p>
<p>9</p> <p>9 Tai Chi \$4 10:30-12:15 Free Legal Clinic 11 Write On 12 lunch—Salisbury steak 12 Bridge</p>	<p>10</p> <p>9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—veggie cheese bake 1 Bingo 1 Balance Class free 4 American Legion</p>	<p>11</p> <p>9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Lunch—chicken Milano 1 Pitch party 1 Paul Janowski concert </p>	<p>12</p> <p>10 Painting 10:30 Low Impact Exercise \$4 12 Lunch—teriyaki beef 1 Chair Yoga \$2 1 Photography </p>	<p>13</p> <p>8:30-10:30 Morning Glory Café 10 Poker 12 lunch—potato crunch fish 1 Spring Chicken Fitness free</p>
<p>16</p> <p>Senior Center Closed for Martin Luther King Day</p>	<p>17</p> <p>9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—meatballs with gravy 1 Bingo 1 Balance Class free</p>	<p>18</p> <p>9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 lunch—pork loin 1 Pitch party</p>	<p>19</p> <p>10 Painting 10:30 Low Impact Exercise \$4 11:30 Out to Lunch Bunch 12 Lunch—BBQ chicken 1 Chair Yoga \$2 1 Photography</p>	<p>20</p> <p>8:30-10:30 Morning Glory Café 10 Poker 12 lunch—mac and cheese 1 Spring Chicken Fitness free </p>
<p>23</p> <p>9 Tai Chi \$4 11 Write On 12 lunch—pasta and meatballs 12 Bridge</p>	<p>24</p> <p>9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—pork with gravy 1 Bingo 1 Balance Class free</p>	<p>25</p> <p>9 Tai Chi \$4 9 Piano lessons 9:30 Needlework 12 Lunch—chicken fajitas 1 Pitch party 1 Fall Prevention talk</p>	<p>26</p> <p>10 Painting 10 Book club 10:30 Low Impact Exercise \$4 12 Lunch—beef w/onions 1 Chair Yoga \$2 1 Photography</p>	<p>27</p> <p>8:30-10:30 Morning Glory Café 10 Poker 12 lunch—Shepherd's pie 1 Spring Chicken Fitness free</p>
<p>30</p> <p>9 Tai Chi \$4 11 Write On 12 lunch—beef stew 12 Bridge 1 Movie Monday </p>	<p>31</p> <p>9 Photography 9:30 Knotty Knitters 10 Classic Book Club 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—butter milk chicken 1 Bingo 1 Balance Class free</p>	<p>Lunch is \$2.50. You must make a reservation by calling Tom in the kitchen, 508-210-5578 at least 2 business days in advance.</p>	<p>Food Pantry Senior Distribution Friday, January 20 </p>	<ul style="list-style-type: none"> • Billiards Room is available every day the Senior Center is open from 8-4. • Any activity or menu item can change without notice. • Try to be on time for all activities.

FRIENDS of the HCOA

I WOULD LIKE TO:

Renew My Membership Become a New Member

Checks made out to Friends of the HCOA

Please fill out and return to the Senior Center.



Name: _____

Address: _____

Telephone Number: _____ Birthday _____

E-mail: _____

Amount of Check or cash: \$5.00 \$10.00 Other Membership is good for the calendar year.

From the Friends of the HCOA

Happy New Year to all! As we begin another new year, we make new resolutions and promises to ourselves and to others. It is a new beginning, but we should not forget the many good feelings we experienced in 2022. Remember that your Friends membership renews on the first of January. Stop by the office at the Senior Center or mail in your renewal to FHCOA, 1130 Main St., Holden, MA 01520. Please join us at the Morning Glory Café on Fridays from 8:30-10:30 at the Senior Center. Everyone is welcome!



Please join us for lunch at the Senior Center. You don't have to do the cooking or the clean up. You also don't have to eat alone every day. Where else can you get a meal for \$2.50? There is always room for you at our table. Don't forget to order lunch at least 2 business days ahead!!

Drop in cell phone help—The WRHS students will be here on January 11 and 25 from 2:30—4 PM to help anyone with cell phone questions. They are very knowledgeable and helpful. Don't be ashamed to ask for help.



Distribution of this newsletter is made possible from the FRIENDS OF THE HCOA, INC. and, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.

Return Service Requested

Friends of the Holden COA
Holden Senior Center
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Holden, MA 01520

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